

prime time news

MOUNTAIN VIEW SENIOR CENTER

January 2011

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Diane Pasana
Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialists

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

SENIOR CENTER CLOSED

**MONDAY,
JANUARY 17,
2011**



WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.



BREAST AND CERVICAL CANCER PREVENTION

Breast and cervical cancer screenings save lives. Do you get checked regularly? Join Linda Pham, from Cancer Detection Program: Every Woman Counts, to learn about this organization and who qualifies for free screenings.

Date: Tuesday, January 11
Time: 1:00 P.M.

SETTING UP AN EMAIL ACCOUNT

Do you know how to set up an online email account that you can access anywhere? Learn to create free and easy email, or learn more about your existing Gmail account by signing up for this workshop with Monica Lipscomb. Space is limited, and basic computer skills are required.

Date: Thursday, January 20
Time: 2:30 P.M., Technology Room

LIFE STRATEGY- IT'S NEVER TOO LATE

What is the purpose of life? It is a question explored by psychologists, philosophers, existentialists, and theologians. But in the end, we are all so unique that no one can tell you what your purpose in life is — except you. And yet, there are methods you can learn to help you reach your own enlightenment. Join Ron Schilling, PhD, as he starts you on your own path to self-discovery.

Date: Thursday, January 20
Time: 1:00 P.M.

IMPORTANT ELDER ISSUES

How do you bring up uncomfortable topics about aging with your children? How can they bring them up with you? Learn how to talk about issues like independence, money, sibling rivalry, driving, and other topics.

Date: Thursday, January 27
Time: 1:00 P.M.



WORKSHOPS

MOVIE MATINEE

Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 p.m.

WHERE: Multipurpose Room B

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.

SEX AND THE CITY 2: Tuesday, January 4 and Friday, January 7



RATED: R

LENGTH: 146 Minutes

DESCRIPTION: Set two years after the wedding that almost wasn't, this sequel finds gal pals Carrie (Sarah Jessica Parker), Charlotte (Kristin Davis), Samantha (Kim Cattrall) and Miranda (Cynthia Nixon) embarking on a much-needed vacation to exotic Abu Dhabi. They're still the same soul mates despite responsibilities of motherhood and marriage, but a new romance for Samantha and a little thing called Aidan, Carrie's ex, keep things interesting.

CAIRO TIME: Tuesday, January 11 and Friday, January 14



RATED: PG

LENGTH: 90 Minutes

DESCRIPTION: When magazine editor Juliette (Patricia Clarkson) travels to Cairo to meet her diplomat husband, Mark (Tom McCamus), she learns from his friend Tareq (Alexander Siddig) that Mark has been delayed. As Tareq introduces her to the city and its customs, an unexpected attraction arises between them. Juliette soon grows accustomed to life in Cairo while she and Tareq try to find the best way to deal with their complex feelings in this romantic drama.

EAT PRAY LOVE: Tuesday, January 18 and Friday, January 21



RATED: PG-13

LENGTH: 140 Minutes

DESCRIPTION: Julia Roberts stars in this adaptation of Elizabeth Gilbert's best-selling memoir about coping with a depressing divorce. After deciding to reshape her life, Liz (Roberts) travels the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship & forgiveness. Along the way, she meets a bevy of characters and, possibly, her true love.

LETTERS TO JULIET: Tuesday, January 25 and Friday, January 28



RATED: PG

LENGTH: 105 Minutes

DESCRIPTION: By responding to a letter addressed to Shakespeare's tragic heroine Juliet Capulet, a young American woman (Amanda Seyfried) vacationing in Verona, Italy, sets in motion a series of events that leads her -- and the missive's lovelorn author (Vanessa Redgrave) -- in search of romance. Directed by Gary Winick, this deeply tender and uplifting drama also features Gael García Bernal and Franco Nero.



****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, January 24, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO - Feeling lucky? Join us for Big Bingo on **Monday, January 3, at 1:00 p.m.** in the Social Hall.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m., and Fridays with Randy from 10:30 a.m. to 12:30 p.m. and also with Raymond from 1:00 p.m.—3:00 p.m. Come to the lab and ask questions, it's that easy!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be purchased at one time is five!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

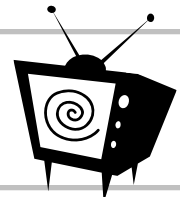
- Old eyeglasses
- Magazines
- DVDs
- Paperback books
- **(no romance novels)**



FREE TABLE

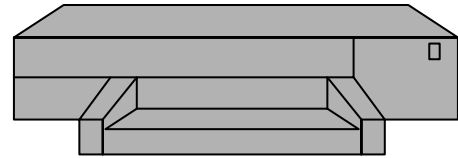
Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

SENIOR CENTER TELEVISION POLICY - To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!

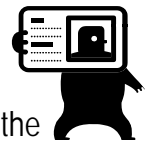


COMPUTER PRINTER POLICY

All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages that print.



EXERCISE ROOM CARD

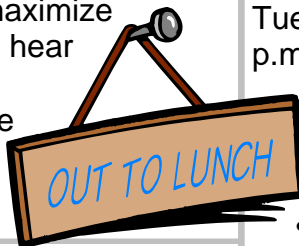


Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation.

WHEN NOT TO COME TO THE EXERCISE ROOM? Staff asks that you allow new participants to use the room during orientation. You may be asked to leave the Exercise Room during the following times:
TUESDAYS: 7:00 p.m.–7:30 p.m.
WEDNESDAYS: 2:30 p.m.–3:00 p.m.

CITY COUNCIL MEET AND GREET

The Senior Advisory Committee (SAC) will be hosting a "Meet and Greet" with City Council members at the Senior Nutrition Program on Wednesday, January 19, beginning at 11:30 a.m. City Council and SAC members will be eating at different tables to maximize the opportunity to meet and hear comments from the seniors. Everyone is welcome to attend and meet with our City representatives.



GAS CARD PILOT PROGRAM

Make some money while carpooling! The Senior Center is now a test site for Outreach's new "Gas Card Pilot Program". Outreach will send you a \$50 gas card for every 20 rides you give to an Outreach member, and if you are making a round trip to and from the Senior Center, then it is only 10 rides! For more information or an application, please contact:

Lien Nguyen
STAR Program Coordinator
926 Rock Ave., Suite 10
San Jose, CA 95131
408-437-3275

VOLUNTEER OPPORTUNITY

Help Seniors with Income Tax Returns and Tax Questions!

AARP offers free training each tax season (in January) on basic Federal and California tax law for individual returns. As a volunteer, you will:

- Receive IRS certification as a volunteer preparer
- Learn a professional tax software package
- Prepare returns at Avenidas or other senior centers during tax season (4-8 hours/week February 1-April 15)
- Occasional additional off-season volunteer opportunities

Contact AARP Tax-Aide at 1-888-687-2277 or (locally) Keith at (650) 969-5643 or visit www.aarp.org/taxaide.

INCOME TAX ASSISTANCE APPOINTMENTS

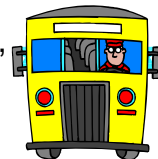
Tax assistance will be provided by AARP volunteers. They will begin accepting appointments on Monday, January 3, 2011. Tax appointments will be available each Tuesday and Wednesday, 9:00 a.m.—12:00 p.m. beginning Tuesday, February 1, 2011. Call 650-903-6330 or stop by the front desk to sign up for an appointment.

What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) **plus original cost and date of purchase information.**
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2010

THE BOOKMOBILE MOTORING TO THE SENIOR CENTER

Starting Thursday, January 6, the Mountain View Library's Bookmobile will make weekly visits to the Senior Center on Thursdays from 10:30 a.m.—11:15 a.m. Use your library card to borrow a good book, curl up in front of the lobby's fireplace and read!



VOLUNTEER CORNER

November 2010

Brown Bag	240
Lunch Program	291
Receptionists	150.5
Social Services	34
Teaching	224.5
Total	940 hours!

SENIOR CENTER



Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**1/11/11**) in Multipurpose Room B from 10:30 – 11:30 a.m. The next book for review is “**Loving Frank**” by **Nancy Horan**. February’s book will be “**Mockingbird**” by Charles J. Shields.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: January 19, February 16, and March 16.

GET READY TO ZUMBA!

Beginning in January, Zumba will be offered at the Senior Center every Thursday before lunch! Carla Kenworthy, who was recently featured in Active Over 50 magazine, will be instructing a class once a week for those looking to get in shape for the new year and improve their health. Carla has over 20 years experience instructing group exercise classes, and she loves teaching Zumba to seniors while they strengthen their cores in a fun environment. Classes take place January 20 through April 7.



COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (1/18/11)** at **11:00 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

IMPORTANT SALA APPOINTMENT UPDATE

In an effort to serve as many of our patrons as effectively as possible, our Senior Adult Legal Assistant (SALA) appointment policies are changing. Starting with January appointments, everyone who signs up for a SALA appointment is responsible for **confirming or cancelling 4 to 13 business days before their appointments**. This means that you need to confirm your appointment by the Friday *before* your appointment at the latest. **Anyone who does not confirm their appointment by the Friday before their appointment will lose the appointment.** The policy of the Senior Center is to call patrons one week (5 business days) before their appointment, and you may confirm or cancel your appointment at that time.

Appointments can be confirmed three different ways:

- 1) Call the front desk at 650-903-6330
- 2) Stop by the front desk Monday through Wednesday 8:30 a.m.—9:00 p.m. or Thursday through Friday 8:30 a.m.—5:00 p.m.
- 3) Email the Senior Center at: senior.center@mountainview.gov

THE BRAIN GANG

If you are willing to share, prepared to laugh, and ready to interact, the Brain Gang may be just what the doctor ordered...This new class will focus on the relationship between emotional wellness and mental acuity. Each week, this participant-driven group will be exploring topics that can impact our overall personal health. From decision-making and communication to gratitude and laughter, each area of discussion will allow participants the chance to learn something new about themselves. Join our interest list at the front desk. This class will begin Tuesday, January 25 from 7:00 p.m. to 8:00 p.m.



ETCETERA



HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**1/26/11**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**1/11/11 and 1/25/11**).

HEARING SCREENING - Visit Dr. Tang the **second Monday** of each month (**1/10/11 from 2:00 - 4:00 p.m.**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**1/11/11 and 1/25/11**).

NOTARY SERVICE - New notary service offered the **first Thursday (1/6/11)** of each month. Appointments available from 8:30-10:30 a.m.

PODIATRY SCREENING - Free evaluations on **third Wednesday (1/19/10)** of each month. NOTE: Feet are NOT touched in the consultation, it is only an evaluation.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

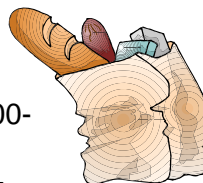
SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday (1/6/11, 1/20/11)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment. **Please see page 5 for important updates regarding appointments.**

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



MTA TRANSIT SENIOR CITIZEN CARDS/ STICKERS

MTA will be at the Senior Center on **Thursday, February 10** at 10:00 a.m to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please. Stickers are also available for sale online at www.mta.org/store.

Be Smart, Be Safe

Whatever your method, make a point to be conscious of these things while you are out and about this winter season shopping and visiting with friends:

- Did you turn your **headlights off**?
- Did you **lock your car**?
- Where do you keep your keys? Do you always put them in the same spot? Your keys are your third hand, respect them.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, April 5, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

REGULAR CLASS - The Safety Program class offered by AARP at the Senior Center is scheduled for **February 1 and 8, 2011 from 6:00 p.m. to 10:00 p.m.**

The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m. - 12:00 p.m. and
Thursdays at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

BROADWAY BY THE BAY

WHEN: Sunday, April 3, 2011

COST: \$107.00 per person

INCLUDES: Enjoy a three course luncheon at famed The Van's "on the hill" Restaurant before attending the critically acclaimed musical "Forever Plaid", an affectionate revue of the close-harmony "guy groups" of the 1950s.
DEPART: 11:00 a.m. from Rengstorff Park
RETURN: 5:30 p.m.



SARATOGA LUNCHEON AND HAKONE GARDENS

WHEN: Thursday, May 26, 2011

COST: \$114.00 per person

INCLUDES: Enjoy a luncheon at Bella Saratoga followed by free time in downtown Saratoga. Then, tour Hakone Gardens, the oldest Japanese estate garden in the Western Hemisphere, followed by a Tea Ceremony and Kimono wearing demonstration.
DEPART: 11:00 a.m. from Rengstorff Park
RETURN: Approximately 5:00 p.m.



RED HAWK CASINO, Shingle Springs

WHEN: Thursday, January 6, 2011

COST: \$31.00 per person

INCLUDES: Round trip transportation via luxury motor coach, casino bonus, and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

THUNDER VALLEY CASINO, Lincoln

WHEN: Tuesday, February 8, 2011

COST: \$28.00 per person

INCLUDES: Casino bonus (\$10 Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

RIVER ROCK CASINO, Geyserville

WHEN: Thursday, March 10, 2011

COST: \$31.00 per person

INCLUDES: Casino bonus (\$20 cash), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 6:30 p.m.

CACHE CREEK CASINO, Brooks

WHEN: Tuesday, April 5, 2011

COST: \$33.00 per person

INCLUDES: Casino bonus (\$10 Free Play or Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

Travel Arrangements by Kanen Tours CST # 2095653-50

HERITAGE OF AMERICA, April 29 - May 8, 2011

Explore America's heritage, history and scenic horizons on this in-depth tour of the eastern United States.

FEATURING: New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington, D.C., Smithsonian Institution

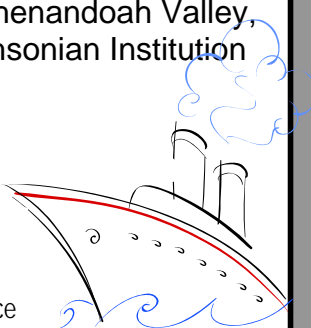
COST: \$2,599.00*









CRUISING THE BEST OF SCANDINAVIA, June 2 - 14, 2011


FEATURING: Stockholm, Vasa Ship Museum, 7-Night Fjord Cruise, Flam, Geirangerfjord, Bergen, Stavanger, Oslo, Copenhagen, Tivoli Gardens

COST: from \$4,849.00*

* Price includes round-trip airfare. Does not include single supplements, cancellation waiver, or insurance



Mon	Tue	Wed
3 10:30 Dancing, lunch room 11:45 Lunch Menu Oven Roasted Chicken Breast w/ mushroom gravy Brown Rice Sautéed Fresh Broccoli & Cauliflower Peaches 1:00 Big Bingo	4 10:30 Dancing w/ Jan & Duane 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie: Sex and the City 2	5 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Pork Ribs  Wheat Roll Chicken Noodle Soup Tomato, Cucumber Salad Mandarin Oranges 12:45 Bingo, lunch room
10 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Apricot 2:00 Hearing Screening	11 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "Loving Frank" 10:30 Dancing w/ Jan & Duane 11:45 Lunch Menu Teriyaki Chicken Brown Rice Sautéed Asparagus Corn & Orange 1:00 Movie: Cairo Time 1:00 Workshop: Cancer Prevention	12 10:30 Line Dancing, lunch room 11:45 Lunch Menu Breaded Cod  Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Apricot 12:45 Bingo, lunch room
17 SENIOR CENTER CLOSED for MARTIN LUTHER KING JR. HOLIDAY 	18 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 Lunch Menu Chef's Choice Turkey  Whole Grain Muffin Black Bean, Corn, & Tomato Salad w/ Feta Cheese Corn Chowder Orange 1:00 Movie: Eat Pray Love	19 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:30 City Council Meet and Greet 11:45 Lunch Menu B.B.Q. Chicken Pasta Salad w/ Veggies Cauliflower & Carrots Apple 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting
24 10:30 Dancing, lunch room 11:45 Lunch Menu Sesame Orange Chicken Brown Rice  Green Salad Orange 2:00 Newcomers' Group	25 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 Lunch Menu Salmon Fillet Brown Rice Steamed Spinach Minestrone Soup Pineapple 1:00 HICAP 1:00 Movie: Letters to Juliet	26 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff  Whole Grain Roll Chilled Broccoli Salad Fruit 12:30 Alzheimer's Screening 12:45 Bingo, lunch room
31 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Cabbage  Brown Rice & Potato Salad Sesame Parmesan Zucchini Mandarin Oranges	<div style="border: 2px dashed black; padding: 10px; text-align: center;">  <p>SAVE THE DATE! The 4th annual Senior Resource Fair is scheduled for Thursday, June 9, 2011! Be sure to mark your calendars and join us for refreshments and tons of useful information!</p> </div>	

Thu	Fri
6 8:30 Notary 10:30 Bookmobile 11:45 Lunch Menu Chicken Cordon Bleu Pesto Noodles  Green Beans Provincial Garden Salad Tropical Fruit Cup 1:30 SALA Appointments	7 10:30 Blood Pressure Check 10:30 Dancing w/ Ana & Irv 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Broccoli & Cauliflower Carrot, Raisin Salad Fresh Fruit 1:00 Movie: Sex and the City 2
13 10:30 Bookmobile 11:45 Lunch Menu Vegetable Lasagna Garlic Bread  Brussels Sprouts Yogurt w/ Bananas	14 10:30 Blood Pressure Check 10:30 Dancing w/ Ana & Irv 11:45 Lunch Menu Szechwan Chicken  Brown Rice Sautéed Cabbage w/ Carrots Green Salad & Mandarin Oranges Celebrating January Birthdays w/ Birthday Cake 1:00 Movie: Cairo Time
20 10:30 Bookmobile 11:45 Lunch Menu Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato Peaches 1:00 Workshop: Life Strategy 1:30 SALA Appointments 2:30 Workshop: Email Accounts	21 10:30 Blood Pressure Check 10:30 Dancing w/ Ana & Irv 11:45 Lunch Menu Glazed Baked Hawaiian Ham  Whole Grain Roll Spinach & Cheese Salad Black Bean Soup Tropical Fruit Cup Sugar-Free Pudding 1:00 Movie: Eat Pray Love
27 10:30 Bookmobile 11:45 Lunch Menu Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:00 Workshop: Important Elder Issues	28 10:30 Blood Pressure Check 10:30 Dancing w/ Ana & Irv 11:45 Lunch Menu Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ olives, cucumbers and red bell pepper Apple 1:00 Movie: Letters to Juliet

Winter Root Vegetables



INGREDIENTS:

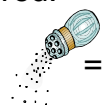
- 2 pounds small red potatoes, quartered
- 1 pound brussels sprouts, halved
- 1/2 pound parsnips, peeled and julienned
- 1/2 pound carrots, cut into chunks
- 1/2 pound turnips, peeled and cut into chunks
- 1/2 cup butter or margarine
- 2 tablespoons prepared horseradish
- 2 tablespoons cider vinegar
- 2 tablespoons snipped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS:

Cook vegetables separately in water until tender; drain. Melt butter; stir in remaining ingredients. Combine the vegetables and butter mixture; toss to coat.

Prep Time: 30 Minutes
Ready In: 30 Minutes
Servings: 10

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

The classes listed below occur periodically throughout the month.
PICK UP A CLASS GUIDE AT THE FRONT DESK
 to find out the dates for each class, as well as times, registration and other information.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga	8:30 Community Quilting	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:00 Drawing/Watercolor	9:00 Painting Club	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	9:00 PowerPoint	9:00 Internet Intro	8:45 ESL - Intermediate	9:00 Calligraphy
9:00 Creative Stitchery	9:30 Brown Bag	9:00 Meet the PC	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Internet Intro	10:00 Speechreader	9:30 Chorus	9:00 PowerPoint	10:30 Computer Help
9:00 Meet the PC	10:30 Strong for Life	10:00 Therapeutic Yoga	10:00 Qigong, Com Ctr	10:30 ESL -Beg. High
10:15 T'ai Chi	11:45 Lunch	11:30 Walk Fit	10:00 Stepping Strong	10:30 ESL -Adv. Low
10:30 ESL -Beginning High	12:30 Spanish Conv.	11:45 Lunch	10:00 Trips Desk	10:30 Blood Pressure
10:30 ESL -Advanced Low	1:00 Computer Help	1:00 Ceramics-Basic/Int.	10:15 Lifetime of S, E, & F	11:45 Lunch
11:30 Walk Fit	1:00 Karaoke	1:00 Knitting/Crochet	10:30 ESL -Beginning High	1:00 English Conv.
11:45 Lunch	1:00 Low Impact Aerobics	1:15 Orchestra	10:30 ESL -Advanced Low	1:00 Line Dancing
1:00 Computer Help	1:00 Movie Matinee	5:30 Qigong	10:30 Zumba	1:00 Movie Matinee
1:00 Current Affairs	1:00 Workout/Broadway II	7:00 Chinese Folk Dance	11:00 Health Library	1:30 Computer Help
1:00 Lifetime of S, E, & F	2:15 Workout/Broadway I	7:00 Joy of Movement	11:45 Lunch	2:00 Chinese Folk
1:00 Woodcarving	2:30 Chinese Chorus		12:30 Memoirs	2:15 Square Dancing
1:30 Quiltmaking Tech.	5:30 Flowing Movement		1:00 Low Impact Aerobics	
2:30 T'ai Chi/Qigong	6:30 Exercise Orientation		1:00 Figure & Portrait Draw	
6:30 Ikebana	7:00 Brain Gang		1:00 Workout/Broadway II	
7:00 Social Dance Club			2:15 Workout/Broadway I	
7:00 Chinese Folk Dance			2:45 Beg. Social Dance	

Registration for the classes that occur at our center takes place through the following agencies:
MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net

DEANZA COMMUNITY COLLEGE

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(408) 864-5300**.

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

**GIVE US
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!